

Donegal at Northern Lebanon
April 6, 2009

Conditions: mostly cloudy, wet, mid 40s

Location: Northern Lebanon High School

Shot Put

3 Melhorn 29 9*
Woods 28 8*
Book 24 8*
Ferruzza 22 0*

Javelin

3 Kelly 71 9*
Randazzo 66 5
Melhorn 59 11*
Book 55 0
Ferruzza 51 2

Discus

3 Melhorn 87 3*
Book 74 0*
Woods 68 6
Ross 57 3*
Ferruzza 55 8

100 Meters

2 Spence 13.1
3 Smith 14.1
Kr Rice 14.3
Hockenberry 14.9
Barger 15.8*

200 Meters

1 Ensminger 28.7
2 Ka Rice 28.8
Kr Rice 30.7
Hockenberry 32.5

400 Meters

1 Smith 64.4
2 S Barger 73.6*

300 Meter Hurdles

1 Ensminger 50.4*

High Jump

3 J Garber 4 2

4 x 100 Meters

1 Kr Rice
Smith
Ka Rice
Spence 55.3

800 Meters

1 McDonald 2:39.3
3 S Keener 2:46.2
Sadler 3:06.5
C Bundy 3:34.1

1600 Meters

1 McDonald 5:55.7
2 S Keener 6:03
Sadler 6:39.7*
C Bundy 7:26.3

4 x 800 Meters

1 S Keener 3:00
A Keener 3:21
Sadler 3:20
C Bundy 4:28

3200 Meters

1 McDonald 13:42.5
A Keener 14:56.4

Triple Jump

1 J Ensminger 30 7.25*\$
J Garber 25 7
Chantelle Garber 20 10

Long Jump

3 J Garber 13 3.5
Hahn 11 1*
Neideigh 10 4.5

4 x 400 Meters

1 Ka Rice 65.4
Smith 70.1
Ensminger 68.3
Spence 62.0
4:25.6

Pole Vault

2 Devon Kelly 6 0
3 Chantelle Garber 5 6

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Outstanding Performances

Jenn Ensminger- 2 big Pr's in the 300 hurdles and triple jump, along with a win in the 200 and relay.
\$Jenn's time was the 7th fastest in school history.

Andrea Melhorn- 3 PR's

Sarah Barger and Rochelle Book - 2 PR's

Athlete Of the Meet

Devon Kelly- we needed points in the throws and polevault very badly, and Devon came through.
She had a PR in jav and also finished 2nd in PV. We will desperately need points in jav all season,
and we will continue to get them as Devon throws farther and farther.

<u>Score</u>	Section Record	Over All Record
NL 76 Donegal 74	1-1	1-2

Coach's Comments

Wow, that is a tough meet to lose by only 2 points, 1 additional point and we would have had a tied score. Remember, it is the little things that matter. Doing the little things in meets (warming up properly, focusing...) and practices (doing the drills, being at practice, staying positive, listening to coaches, more discipline and focus,...) makes all the difference in a close meet. One thing I have always said, that I learned from my HS coach, is: You compete the way you practice!!!

There is a positive silver lining to the loss, adversity. In any defeat, short coming, or trial you face, what matters most is how you respond. It is a matter of character. Do you hang your head, have a pity party, or give up? Or do you take the bull by the horns, face the adversity, stay positive and make the best of a bad situation?

That is what I am looking for, how will you as a girls' team respond to the challenge I have set forth. How will you respond in practice and in competition when you don't have a great competition day, lose a close race, perform poorly, or make an ill advised mistake. Let's be champions in every sense of the word and commit to facing adversity with a positive attitude, renewed enthusiasm and focus, and discipline ourselves to do the little things.

Next Meet: Manheim Central
Dismissal at 2:30; Depart at 2:45